



Limited offerings and decreasing enrollment may be connected

(continued on page 3)

The current schedule failed to meet the needs of all students interviewed

Date of Event: Thursday, Feb. 13th
Start Time: 4:00pm
End Time: 5:00pm
Location: T201

Kudos to the CCC Café

Anyone who has ever been a student knows how important food can be for emotional well-being on a stressful, harried day. Kari Hall and Mark Alfonso are doing a great job providing food service for the students of Clatsop Community College.

Hall and Alfonso, previous owners of the Logger restaurant in Knappa, took over management of CCC's Bandit Café this school year. The clean environment is inviting to students, and the staff always has an inviting smile for their customers and great customer service. Having a fully dedicated staff has made a big improvement in the way the café is operated, although that is less a sign on the previous management and more praise of the new.

A personal example of their great service came on one of my more indecisive days, when I wasn't sure if I should get fries, or onion rings with my burger (which, for me, typically contains grilled pineapple, pepper-jack cheese, and pickles). After agonizing over it they let me get a combination of all three. I'm not sure many places would have done that for a customer.

Previously, the Bandit Café was managed by CCC staff member Denise Russell, who many know as the Clatsop Community College Bookstore manager and online psychology teacher. Running the café, the bookstore, and teaching is a lot for one person to handle, but Denise jumped right in and did a great job keeping things going while the college looked someone to whom they could contract out the venue. Denise is known for her hard work and dedication towards her jobs and duties, but she's only one person. Once the college was able to find someone else to take over the café, she gladly stepped aside in order to give her full attention to her other substantial responsibilities. Considering she was only a temporary manager of the café, Denise Russell's hard work during her period as Bandit Café manager is greatly appreciated.

The new management has made it a priority to leave students and customers satisfied. As if their staff isn't enough, their menu is appealing to the eye, and their options are at more than reasonable prices. They supply many foods ranging from breakfast items, snacks, and lunch staples. This includes, but is not limited to, granola, yogurt, muffins, cookies, burgers, sandwiches, and salads. This deliciousness is usually accompanied by a daily special, as well, which can be anything from taco soup to various sandwiches not on the regular menu. When I took an informal survey, fellow CCC students almost unanimously chose the juicy burgers as their favorite meal at the Bandit Café.

If you haven't been there yet, I would highly recommend it.

-Kaylie Granlund

The Harm of Course Minimization:
A Personal Account

I have been attending Clatsop Community College for about two years now, and based on my experience, its current state is left wanting. Sometimes it even feels as if the school is working against me. Each semester, when it comes time for me to figure out which classes will be needed in order to advance, I have been disappointed by what is found: too many students, not enough classes, and it only seems to be getting worse.

I have attended two other colleges besides Clatsop, and visited many others. Most schools I have come across offer more in the way of curriculum than CCC, except perhaps the nursing program. Take, for instance, the course requirements you are expected to meet while trying to earn your transfer degree. You can get every other course objective out of the way except for electives, but the options are slim to none. When I'm in search of an elective, I don't want to be forced to take major courses like math and science to fill those needs. They offer a few art courses, Journalism, and some literature/ethics courses that double as Arts and Letters, but nothing on the same level as other colleges I've attended. With the cost of tuition rising, we should expect much more.

On top of the lack of electives offered, there is also a diminished number of major courses to choose from. My plan was to transfer to Portland State University and go into Microbiology, and I wanted to get as much of the required math out of the way as soon as possible, but when I tried to enroll in the next class in the sequence, I found it wasn't offered during term.

There are also times when they cancel classes they require you to take. Over this last summer, I signed up for an online history class, but it was canceled because they didn't have enough students. That would have been more understandable if they had other options available during the term that could have filled that requirement.

So at what point does the decline of CCC's class offerings become enough of an issue to finally be addressed? How low are they going to set the bar before something is done? In the past, they had to let multiple instructors go due to budget cuts and minimized the number of classes, all while wondering why there's been a decline in student numbers. How many students is Clatsop going to lose before administration teams to work with them, and not seemingly against them? All I know is that my own experiences have left me with a bitter taste in my mouth, and asking for more.

-Rebekah Hallock

Is College Worth It?

It's that time of year: the excitement of Back to School is over and many of us are wondering whether or not going to school is worth it. The staggering price of tuition alone is more than enough reason to ask if a college education is really worth it. Ten years ago, the average student graduated with an about \$17,000 worth of debt. Now, graduate debt is averaging at just under \$30,000. Obviously, the cost of education isn't decreasing over time. We are constantly being told that a degree is still a necessary step for those seeking careers that require extended education, such as aspiring biochemists or attorneys. I don't really want to be a biochemist or attorney. Most of you probably don't want to be on, either. So why should we plow on?

One does not have to want a career that requires an advanced degree for a secondary education to provide enormous benefits. First of all, college is an excellent environment for personal growth. Additionally, college-level classes ask students to think critically which help them build well-informed opinions about their world. Therefore, though the costs are currently outrageous, a college education remains valuable today, because it gives students the perspective and knowledge to make an impact on their society.

During their studies, college students are exposed to a broad range of subjects which allow them to explore their interests and define their values. Through evaluating the aspects of social, artistic, and scientific significance that college coursework requires, students become intellectually well-rounded. By requiring students to take coursework in a wide variety of classes, they are also forced out of their comfort zone, which significantly increases their potential for personal growth. Through their coursework, in addition to expanding their knowledge to a deeper level, it is common for students to discover unexplored interests.

For example, a student taking an introductory class on Women's Studies for a group-satisfying credit toward their degree may learn details about social inequality which they were previously ignorant. For many students who are still unsure of what they want to accomplish in their lives, this exploration can be an extremely helpful experience. Additionally, college-level coursework

(continued on page 6)

ASG President Miguel Velasco unveils
Project Discount

I would first like to start off by congratulating ASG's newest member, Kristina Washington. Kristina is the new Clubs and Activities Coordinator for ASG.

We are glad to welcome Kristina into our team, we know that she will be a big help to us by aiding student government in completing our projects to benefit the students and the community.

Project Discount

Speaking about community projects, one current project ASG-along with the Latino club and the Clatsop Community College Foundation—has been working on is a student discount card. From the start of my presidency I developed a strong desire to get students more involved in our beloved community. I figured that one of the best ways

to accomplish this goal would be to provide students with a student discount card which is good for discounts at participating local businesses.

Why stop there? Instead of just focusing on Astoria's businesses it's been recommended and inspired by other individuals to also try and get Warrenton, Seaside, Knappa, and all of Clatsop County's local community businesses involved.

This project does tend to sound rather ambitious and that is why I am grateful that the CCC Foundation and the Latino Club partnering with ASG to help accomplish this. The CCC Foundation is the main organizer of this whole project. Before I started Project Discount, the foundation had already made a draft of the business applications which will be distributed throughout our community, and they

are also funding the entire cost of this operation.

The Latino Club is another big player in this project. Besides helping ASG come up with a list of local businesses which we feel CCC students will enjoy visiting, they have also volunteered to be the main distributors of the Foundation's final business discount applications.

As your student government, we have been the main organizers of this operation in terms of getting the ball rolling and getting the Foundation and Latino club into the same room to discuss how we are going to accomplish this whole project within this year.

This operation has turned out to be a very difficult and time consuming activity for all of us, but you Clatsop students are all worth it and you are the main source of

motivation for the Foundation, Latino Club, and the ASG. I also plan to take advantage of this column by inviting you to help accomplish this project by participating in the handing out of the Foundation's business applications to local business. If you wish to help us out please contact us at

asg@clatsopcc.edu.

More information coming soon.

Student government represents you. There are numerous opportunities to change this college through volunteer work, by serving on campus committees, or by working with ASG to bring an issue to the attention of the college administrators.

Do you wish to get involved or change something? Let's talk! My office hours are 10 – noon, Tuesdays and Thursdays in Columbia Hall, Room 109.

From the
President's Desk

The Bandit Asks

"The Bandit" asks, "How do you deal with stress?"



Bakula McBride



Andres Oros



Nancy Collier



Ashley Pettey



Ron Foss

"I enjoy long walks and working out in the gym."

"I listen to music and I am learning how to play the guitar."

"I live in Cannon Beach, so I walk near the ocean. Oh! I also garden!"

"I mostly take hot showers. But, I stay organized with a daily planner. Hanging out with the right group of friends helps, as well."

"Depending on the stress, I like to meditate. Well, heroin works, too—but that's too expensive for me."

Explore Four-Year College Options

**Important
DATE!**

In an effort to assist Oregon community college students to successfully transition to a four-year college or university, Oregon's community colleges and four-year universities collaborate each year on a state-wide tour to all seventeen Oregon community colleges. Community college students across the state are welcomed and encouraged to join in these fun, informative events, whether they are actively planning to transfer, or just starting to consider their four-year degree opportunities.

Oregon Transfer Day

at Clatsop Community College is

Thursday, February 13, 10am - 1pm,

in the 3rd floor atrium of Towler Hall, 1660 Lexington Avenue, Astoria.

Representatives from 14 colleges and universities will be at Clatsop Community College to answer questions about the college transfer process. They will share information about the admissions process, available majors, housing, etc. The following schools will participate:

Eastern Oregon University
Linfield College
Oregon State University
Oregon State University - Cascades
Oregon Tech
Pacific University
Pacific Northwest College of Art
Portland State University
Southern Oregon University
The Art Institute of Portland
The International Culinary School
University of Idaho
University of Portland
University of Western States
Washington State University, Vancouver

Clatsop Community College also offers **degree partnerships** with Oregon State University and Portland State University that allow co-enrollment at the community college and university.

The benefits of participating in a dual enrollment program will be explained in a workshop with representatives from OSU and PSU on Thursday, February 13, 1pm-2pm, in Towler Hall, Room 306.

Clatsop students can receive academic advising, attend university events, and prepare to successfully transfer while participating in a dual enrollment program. Presenters will answer students' questions and explain how dual enrollment programs work. Many dual enrollment students take classes at two schools simultaneously. University representatives will also address how to take advantage of federal financial aid to enroll in college courses at two schools in the same term.

Please direct inquiries to:
Joanie Weatherly, 503-338-2307;
jweatherly@clatsopcc.edu

**Be Prepared, Be Confident —
Plan, Pursue and Achieve!**



The Bandit

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OUR MISSION

- To serve as a learning experience for aspiring journalists, communication majors, and other students at Clatsop Community College.
- To report news and provide information to Clatsop Community College and the community in a fair, accurate, and responsible manner.
- To serve as an open forum for a diverse set of opinions, perspectives, issues, and viewpoints.
- To uphold the standards of the journalism profession and strictly adhere to all ethical guidelines to ensure the integrity and credibility of the newspaper.

Schedule Woes

(Continued from page 1)

a couple of years ago, but an unsatisfactory final grade left him wanting to retake the course. Unfortunately for him, Anthropology has not been offered since, so there is no way for him to fix that grade. "It's a bummer, because not only is the school unreliable in what classes will be available in a year, but getting rid of failing grades or incompletes might not even be an option. It also means there's less classes for the next generation of people to take."

Partin also mentioned

There have been difficulties for students with disability assistance dogs, which are not allowed in many of the science lab rooms. This prohibition has prevented a student with an assistance dog from taking any of the required lab classes, besides the ones offered by Professor Pat Keeffe, limiting her to only one lab class per term.

While only a small portion of the student body was interviewed, every person talked to, including many not mentioned here, experienced some form of dissatisfaction with the

"Not everyone wants to stay in [this] area. Our community needs to recognize that, and provide avenues for those with far-flung ambitions."

~Tawnie Nesbitt
former CCC Running Start student

the basketball course that was cancelled earlier this term because of low enrollment. "They require you to have a certain number of physical education classes, and yet they cancel them if they don't fill, making it more about the system than the individual." Basketball has been a popular choice every year before now, but its new 11:30 to 12:50 timeslot on Tuesdays and Thursdays made it difficult for most students to attend.

Some people are often so put off by the limited class offerings that they choose not to attend Clatsop at all. Tawnie Nesbitt, a former Clatsop student who participated in the Running Start program for high school students during the 2011-2012 school year, considered finishing up her transfer degree, but decided against it. "I found the class selection to be rather limited," said the Ilwaco graduate. "The major focus in the course catalog seemed to be aimed at education and preparation for local industries. Granted, that benefits the community, but it is quite a disadvantage to those seeking to advance in a nationally if not globally competitive job market. Not everyone wants to stay in the area. Our community needs to recognize that, and provide avenues for those with far flung ambitions."

Sam Wright talked about the online classes she's been taking from home for convenience purposes, and how it was difficult for her to find online classes she could put towards her degree.

schedule and availability of classes in recent terms.

Despite all of this, Clatsop does have some procedures in place to help resolve the scheduling situation. This school year the College Board has been pushing student/advisor communication, not only to help guide students towards their degrees, but to obtain input on what the students want and need. Advisors are an excellent resource to let teachers know what sort of classes students might want in the future, and in turn the advisors can bring these topics up at their faculty meetings.

Another great way to get your voice heard is through the student government, which is something the student body hasn't had much active participation in. Through lobbying and student activism, changes in the school can be made. Contrary to popular belief, by coming together, working towards a common goal, and utilizing the resources available, students can make a difference in future CCC schedules.



The Bandit wants to hear what **YOU** think about the class schedule / course offerings.

Send comments to bandit_editor@clatsopcc.edu

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Please send submissions to

bandit_editor@clatsopcc.edu

WHERE ARE THEY NOW?

The Bandit looks at some CCC alumni and the effect attending Clatsop has had on their lives

From CCC to the Ivy League--and Back Again

MITTY WHITE
REPORTER

Former CCC student, Karl McMurry, has almost realized his dream of earning a PhD thanks, in part, to the relationships he was able to form with the faculty at Clatsop Community College.

McMurry enrolled at Clatsop in 2001 when his application to the architectural engineering program at Cal-Poly, San Luis Obispo was rejected. He says he thought he would "serve some time" on general education requirements and reapply to Cal-Poly the following year, but life took a new direction through the influence of three CCC instructors from very different fields: Richard Rowland, Deac Guidi, and Pat Keefe.

When he met with his CCC advisor, McMurry was encouraged to take a full complement of art classes as preparation for architecture. He was surprised. "I saw myself as a math and science kind of guy and wanted to work as an engineer, not a designer. I honestly couldn't see the connection between art and the career I envisioned." But because he needed elective credit, McMurry signed up for a ceramics class with Richard Rowland. That decision has had a far-reaching effect on McMurry's life.

McMurry also enrolled in both Speech and Physics with Calculus. "Speech wasn't much of a challenge for me," he said. "I had participated on a competitive speech and debate team in high school and had spent two years as a full-time, volunteer missionary before applying to college, so giving speeches was no big deal." What he enjoyed most about the class was its instructor, Deac Guidi. "Deac is a great teacher and just a lot of fun to talk to." McMurry says he would hang out and talk to Guidi between classes. Two things came out of this for McMurry: he started questioning his goal of becoming an architectural engineer, and he began to develop a

desire to teach in Japan, which was something that Guidi had done after college.

The instructor that most influenced McMurry's eventual major and career goal was Physics instructor Pat Keefe. "I was inspired by the class I took with Pat." Keefe was willing to spend time talking to McMurry about his academic

worried about its eventual real-world application. "I lived my life in a cubicle and was burned out and depressed." When McMurry's mom mentioned that there was an opening for a math teacher at Astoria Middle School, he jumped at the opportunity to come home.

"Home" included a return to CCC, where McMurry signed up for just about every art class offered with the goal of applying to an MFA program. "Art was what made me sane when I was dual majoring in Math and Physics. If I had had access to a ceramics studio at Princeton, things may have turned out differently there."

McMurry wanted to explore art's potential for personal well-being, as well as the connections between math and science and the concept of aesthetics. What was most rewarding about his return to Clatsop, however, was that the relationships he had established with faculty in previous years were still strong. The difference was that they had become friendships.

Although he eventually decided not to pursue an MA in Art, McMurry's return to CCC did pave the way to secure a teaching job in Japan, including a recommendation from Deac Guidi. McMurry spent 4 years teaching in a Japanese public middle school, an experience that he found profoundly rewarding. And being half-way around the world did not kill his friendships with CCC

"I had the good fortune to work with Karl in 3-D art and was happy to see that he had a natural ability for imagining a relaxed and random organic way of constructing even though he seems focused on a clear intention. He can easily create when he becomes motivated. I enjoyed watching him go thru this creative process and believe that he will continue to contribute in his own way to any practice he engages in."

Richard Rowland, Art Instructor

strengths and future goals. Keefe's class and talks—and Rowland's encouragement of McMurry's efforts to apply what he was learning in physics to his projects in ceramics—eventually led to McMurry transferring to Occidental College in Los Angeles where he double majored in Physics and Math, earning a Bachelor's degree in both.

While at Occidental, McMurry was awarded a graduate internship as a researcher in plasma physics at Princeton University. He spent the summer before his senior year and the year following graduation at Princeton working with Dr. Hantao Ji at the PPPL. The experience was intellectually rewarding. McMurry was able to co-publish two articles in scientific journals and present at the national convention of the American Physics Association.

But despite these personal successes, McMurry says that he wasn't happy. The research he was doing was partially funded by an outside source, and McMurry



McMurry took time to get together with Clatsop faculty members when back in the area over the holidays.

staff. Richard Rowland and his wife, Patty, even spent a week with McMurry while he was in Japan—a week which involved exploring Japanese ceramic arts.

Now back in the US and working on a PhD in Applied Mathematics on the east coast, McMurry continues to maintain relationships with Clatsop staff, including helping to unload the Dragon Kiln located on Rowland's property just a couple of weeks ago.

Although not his original plan, McMurry is glad that he attended Clatsop Community College. When asked if there is anything that he would do differently in his educational journey, McMurry says that he probably should have taken the single class he needed to qualify for an Associate's degree, but admits "I'm definitely happy with where my life is right now."

Bandit Faculty Advisor Dana McMakin contributed to this article.

CCC Allows Student to Take a Running Start



KAYLIE GRANLUND
REPORTER

Matt Wood, a current Washington State University student, first attended CCC in the fall of 2010 during his sophomore year of high school, an experience that has made a huge impact on his life.

Wood was able to begin college so early in his academic career through Running Start, a program offered by many high schools that gives advanced students an opportunity to earn college credits while paying for their tuition. As

Wood states, "I would recommend the Running Start Program to other high school students seeking further academic goals beyond high school. It's a great program that helps you get ahead of the game and complete college credits."

Because Wood started college at such a young age, he learned an important life skill: time management. Between classes, homework, studying, and sports, he had a full plate on his hands. "Getting used to a college work load, as opposed to high school, was the probably the biggest challenge for me. However, I was able to overcome

it by creating a manageable schedule where I had time to go to class, study and do homework, then go back to [high] school for my athletics—which were football, baseball, and wrestling."

Wood cannot stress the importance of time management enough, going as far as giving advice to current and future Running Start students. "Learn to manage your time. Even though you are now a college student, remember that you are also still in high school. Allow time to spend at your high school so that you don't miss out on the great experiences that are important to take part in."

Although young and active, Wood states the difficulty in accomplishing these duties. He completed the program, earned his high school diploma, graduated from Clatsop with his AAOT in General Studies, and is currently furthering his education at Washington State University (WSU).

While attending CCC, Wood enjoyed classes such as Physics and Calculus. His favorite instructor was Pat Keefe. "Keefe was able to put together an actively fun and exciting curriculum for Physics and was always available for me when I needed the extra tutoring and help."

After wrapping up at CCC with his AAOT in General Studies in the spring of 2012 and having experienced his time at the University level, Wood concludes that CCC is a much different atmosphere than a university's. "There is a much tighter bond between Clatsop teachers and students than probably any other school. It's a rich, learning environment—that's for sure."

Wood continues to reach for his goals, and Clatsop Community College, paired with Running Start, helped him get his feet off the ground. Wood is now only 24 credits away from his Bachelor's in Economics and Financing at the age of 20, and is also planning on attaining a master chef title. "It all started at CCC," he says. He hopes more people will utilize the tools offered to them, and continues to be proof that they can be used to get a student where they want to go.

Photo by Kaylie Granlund

Tessi Millersap

The Power of Home-schooling

OPINION

MITTY WHITE

Although public schooling is the go to educational system for most children, there are also other alternatives. Various private schools, online schools, and homes-schooling are all potential options, and none are necessarily better than others.

Because of the stigmas and the radical differences between home-schooling and the traditional school system, three Clatsop Community College students who were home-schooled until their college careers were interviewed in order to understand the reasoning behind choosing that less conventional route, as well as the problems that can arise when venturing back into the traditional school system.

Georges Larsen started home-schooling after second grade, because he and his family had moved from California to Oregon. "The difference in school demographic would have made the social aspect worse, so my family decided that home-schooling was best," says Larsen. Moving can be hard on a child, as being introduced into a brand new system can take its toll. Instead of going through those possible complications, his parents agreed to teach him themselves.

As he progressed, his education became less about grades and more about mastering the material. He originally started with an online curriculum called "Connections Academy," but it quickly became apparent that it wasn't for him. It was too reading focused, and as he progressed, he realized he wasn't getting the education in science that he was hoping for. Shortly afterward, he switched to 100% home-schooling, which allowed him the flexibility to study primarily computer science and mathematics.

Although the traditional public school system would have given him a balance of all the major subjects, there is a certain attractiveness to putting more of a focus on the courses that are fulfilling for the individual.

Becky Hallock was home-schooled from preschool onward because her

mom didn't like the public school system, and didn't agree with religion not being involved in the curriculum. After 4th grade she ended up going back to public school because she felt lonely and believed she may have been missing out on something. Turns out, she wasn't. She went back for three months, and the experience was "horrible." On her first day, she experienced bullying in a way she never had before.

Hallock relayed the problems with fitting in, the social complexities of starting public school late, and how uncomfortable she felt in an environment she thought would be more supportive. "I had a hard time fitting in. I stuck out like a sore thumb."

But it wasn't just the bad that kept Hallock from going to public school. There were also benefits to home-schooling. "I liked the fact that anytime I had a problem understanding something, I didn't feel like an idiot. It wasn't constantly a competition. Things either click for you or they don't, and I didn't have to worry about that."

Jordan Griffin was home-schooled from kindergarten to 12th grade. Similarly to Hallock, he was home-schooled due to religious reasons, but with one difference: despite the stigma that comes with home-schooling and the possible lack of human interaction, Griffin never had a problem socializing. Because of this, the transition from home-schooling to college wasn't difficult to get used to, although the traditional classroom setting did shake him at first. He's now a part of a group of home-schoolers who work together in plays at the Astor Street Opry Company.

The public school system is the go to for the majority of people in the United States, but it is nice that there are other options available, depending on the needs of the family and child. Public schooling isn't necessarily worse than home-schooling, and vice versa. They are just different for differing needs. And even though the college way is much different from home-schooling, it's good to know that the transition isn't nearly as painful as many may think.

CCC Fall Term Academic Honors List

Clatsop Community College is proud to announce that the following students have been recognized for their superior academic achievement during Fall Term 2013. The Dean's List recognizes students completing 12 or more graded credits and achieving a grade point average (GPA) of 3.75 to 4.00. Honor Roll status recognizes students completing 12 or more graded credits and achieving a GPA of 3.5 to 3.74.

CCC congratulates each of these students.

DEAN'S LIST

Bannan, Daniel
Beitzel, Donald
Bevers, Kendra
Brawley, Samantha
Brooks IV, William
Condon, Brandon
Culp, Don
Curwick, Gina
Dale, Breanne
Decker, Sarah
Dehaan, Juanita
Distefano, Anthony
Eaton, Robert
Fackler, Rachel
Flynn, Teresa
Fox, Elliot
Frederickson, Sarah
Funk, Harold
Galvan-Pacheco, Rosy
Garcia, Joshua
Gibson, Jeff
Gomez, Carlos
Halverson, Howard
Hammond, Levi

Helligso, Jessica
Hengel, Joachim
Hiebert, Richard
Jacob, Jose
Joy, Carrie
Knight, Brandon
Kraft, Rebecca
Leyba, Joshua
Maxwell, Loretta
McGuire, Raylene
McGuire, Sean
McNeil, Hannah
Meza, Laura
Murray, Andrew
Nava, Whitney
Neel, Robert
Norberg, Mariah
Norman, Karen
Norris, David
Norris, Josiah
Partin, Chris
Petty, Ashley
Rose, Jacob
Ryding, Katherine

Saari, Emily
Sandberg, Sabrina
Schmidt, Robert
Scrabeck, Seth
Shauck, Ivan
Snyder, Laura
Steiner, Michelle
Stewart, Thomas
Teneyck, Katherine
Thomas, Virginia
Thompson, Heidi
Todd, Allison
Wagner, Margarita
Wallis, Jason
Walsh, Patrick
Whipple, Cassidy
White, Carol
White, Brad
Wilcox, Lori
Williams, Kimberly
Wright, Samantha
Zimmerman, Calvin

HONOR ROLL

Anderson, Cassandra
Byrd, Shawn
Carroll, Jeremy
Eckhardt, April
Fabela, Kiri
Fenison, Erin
Galvan, Francisco
Hall, Allison
Hughes, Ella
Kennedy, Daniel

Keone, Carly
Luck, Cody
Maier, Marshall
McCarthy, Parker
Mendenhall, Joshua
Merila, Kierstin
Napper, Jacquelynn
Ortiz, Christian
Parker, Zachary
Patterson, Nickie

Petty, Georgia
Tillamook, Shanchelli
Schlink, James
St. Clair, Lindsay
Stacey, Angela
Stanturf, Jesse
Thomas, Dustin
Thurston, Sean
Vollmer, Jodi

Free Public Screening – "Inequality for All" Documentary

Clatsop Community College, in partnership with the Lower Columbia Diversity Project, invites community members to attend a free screening of the documentary "Inequality for All" and join in a community discussion facilitated by Chuck Sheketoff from the Oregon Center for Public Policy. This informative and provocative program will take place on

**Friday, February 28
6:30 p.m.**

in the CCC Performing Arts Center, 588 16th Street, Astoria.

Additional support for this presentation is provided by the Cannery Pier Hotel.

The Value of College

(continued from page 2)

challenges students to think critically about their values. By applying their growing knowledge base to their values students gain a deeper perspective on many issues. For example, in their Sociology class a student may examine the concept of beauty as a social construct. By applying this knowledge, the student may gain a deeper understanding of where their values regarding beauty came from, and may be able to change them. Especially in issues where social equality are concerned, the ability to apply new information to beliefs and reflect on how one's perspective may skew them becomes critical in solving conflict.

A democratic society needs participants who are well-informed to ensure that the valued values of some do not hinder the general wellbeing of its citizens. If the participants are well informed, or jaded by their personal values, the wellbeing of a selection of citizens can be compromised. This is where a college education can help citizens have a significant impact on their society. Able to comprehend relevant information and then apply different perspectives to these issues, graduates can make intelligent decisions regarding their society. Unanimous agreement is not entirely necessary for society to make significant changes, but if enough participants can come to a compromise, changes can be made.

Despite the current financial challenges associated with obtaining a college education, citizens should still seek one because the valuable life experience and skills it offers is necessary to effectively participate in meaningful discourse that has the potential to change society. With these skills, graduates are completely capable of campaigning for a reform on the costs of education, making it more accessible to others.

—Brenda West

HAVE SOMETHING TO SHARE?

Drop us a line at

bandit_editor@clatsopcc.edu

Local Amateur Radio Resources

Students will learn how to use their hand held and base station VHF (2 meter) radios, how local repeaters operate, suggested types of antennas, effective communication skills, how traffic nets operate, emergency and battery power sources, licensing rules, IRLP and digital systems, how the Columbia River Lightship shortwave/wireless (HF) amateur radio station operates and the type of license needed and the purpose of QSL cards. Presentations will be made by the Community Emergency Response Team (CERT) and the Amateur Radio Emergency Service (ARES) staff. Information about local clubs and related groups will be provided. This course is not a lecture prep class or a theory class. This is a "how to do it" course.

February 22, Saturday / 9:00 am—4:00 pm
Towler 306 Cost FREE—Register now, space is limited.

- How to use a hand held and base station VHF radio. Select appropriate type of antennas and how to install them. Understanding the international phonetic alphabet, able receive and transmit voice messages over radio, and how to effectively use the traffic nets during emergency or customize Microsoft Windows.
- How to use emergency power sources, and the safety and care of batteries.
- Connect into the Echo Link, IRLP and digital systems.
- Understand how to use the Columbia River Lightship shortwave/wireless (HF) amateur radio station, the need to have a General Class amateur radio operator license to operate the station without a control operator present. The long standing station of exchanging and collecting QSL cards.
- How ham radio resources support and assist during emergency and special events. Students will be able to engage with CERT and ARES team members.



**Clatsop
Community
College**

1651 Lexington Ave.—Astoria, OR 97103

Cost: FREE

Register now at

www.clatsopcc.edu/register
And under Course Title
or call 503.338.2408
Or 503.338.2402

The Inner Monster of Stress

KAYLIE GRANLUND
REPORTER

When a person is undergoing negative stress, they may feel anxious, depressed, overwhelmed, frustrated, or unhappy. Does any of this sound like you? If so, it is important to know that there are many ways to handle stress in order to maintain a healthy lifestyle.

So why care about maintaining healthy stress levels? Stress is that overwhelming sensation when everything seemingly becomes too much to handle. When you feel the dampness of stress—your blood pressure rises, your pulse increases, your immune system weakens, your muscles become tense, your digestive system slows down and increases weight gain, your breathing becomes more rapid, and you become more on edge—making you lose sleep. Your body almost becomes your own harmful monster. Almost all students feel stressed at some point when homework piles up and they're forced to juggle things like work, school, and relationships.

When CCC students were asked how they handle stress, they responded with activities ranging from walking, gardening, dancing, and working out. This isn't surprising since exerting energy can make an

individual clear-minded and ready to focus. Exercising releases endorphins, which is known to reduce stress, depression, and to make people feel happier overall. For me, when I feel the overload of stress, I remember how important it is to self-nurture myself with activities that feed my interest. Self-nurturing activities not only help reduce stress, but also work as a little "celebration" for your brain to acknowledge how much you've done and that you deserve a reward.

Personally, my reward is to dance. I have been a dancer for thirteen years and I've found it to be almost meditative, both physically and mentally. I feel the movement in my body and the music, soft or upbeat, in all of my being. I find that in the midst of learning choreography or creating my own movement, this is the only thing that embellishes my mind—not stress, not the overload of homework, not anything that takes the form of emotional dampness.

Because I have a strong interest in dance and helping others overcome emotional and stressful battles, I have turned my focus to school to art therapy and Dance and Movement Therapy (DMT). DMT is a form of Psychotherapy that uses rhythm and movement to express the suppressed in order to guide attention and help gain emotional and

psychological healing. It goes to show that not only are there a lot of avenues for stress reduction, but that one can actively help others who are suffering from the same thing he or she is.

CCC staff member Margaret R. Frimoth, PhD says, "Two things happen when a person is stressing—the energy is trapped inside and it starts to dampen us. But, through movement, our breathing and blood flow is increased and the circulation expresses the suppressed." If a person is undergoing any form of stress or negative feelings, Frimoth suggests going for a simple walk in the fresh air. With every step that you take, you should try to exhale your frustration. CCC's campus is great for that with all the hills and trails that are available to you, and although Astoria can be gloomy at times, when it's nice, it's really nice.

Whatever you use to help alleviate the stress, it is encouraged to find healthy ways of doing so. The battles that negative stresses put people through are inner monsters and can dampen their being. Whether you walk, run, or dance—be kind to yourself. You deserve it, you have worked hard, and a personal reward for hard work does more than many may think.

CCC Offers Creative Writing Classes

*Important
DATE!*

Clatsop Community College is offering two creative writing classes as part of its Winter Term lineup of community education. Both are taught by Jenny Bates. Bates teaches writing at the Oregon College of Art and Craft, as well as through the Sitka Center, Portland Community College and Clatsop Community College.

Telling True Stories is offered February 15 and 22, 9am – 4pm. This two-day course will help you delve into possible forms for your stories and guide you through the process of developing and writing true stories. Bates uses a rich menu of interactive classroom and writing activities to explore ideas and forms, from essays to memoir and humor pieces to new journalism.

Writing Historical Fiction is offered March 8 and 15, 9am – 4pm. In this two-day writing course, you will learn to find sources of inspiration, build authority through research, and set stories in historical context. Through exercises and assignments, you will practice creating historically accurate settings, account for social and cultural contexts, develop awareness of current cultural assumptions and enrich your writing by using details and characterization.

Register now at www.clatsopcc.edu/schedule or call 503-338-2402.

Please direct inquiries to: Mary Kemhus-Fryling, 503-338-2408; mfryling@clatsopcc.edu



(comic used with permission of artist)

Literary Love Quotes

"She turned and bolted out the door. She had learnt an important lesson – 'When a man paid for you, you paid to him.' It was her first Valentine slaughter."
Mallika Nawal,
I'm a Woman & I'm on SALE

"You have to walk carefully in the beginning of love; the running across fields into your lover's arms can only come later when you're sure they won't laugh if you trip."
Jonathan Carroll
"Outside The Dog Museum"

Photo by CCC Student,
Kaylie Granlund.

"As soon go kindle fire with snow, as seek to quench the fire of love with words."
William Shakespeare

"Love is what you've been through with somebody."
James Thurber

"Love is the only answer to every question. It is the only thing that will serve you in every situation. It is the route and the destination. It is medication, liberation and should be at the heart of and expression of your vocation."
Rasheed Ogunlaru



"Love is an irresistible desire to be irresistibly desired."
Robert Frost

"Now come the whispers bearing bouquets of moonbeams and sunlight tremblings."
Aberjhani,
The River of Winged Dreams

"This fire that we call Loving is too strong for human minds. But just right for human souls."
Aberjhani, Elemental: The Power of Illuminated Love

"Soul meets soul on lovers' lips."
Percy Bysshe Shelley

"If my Valentine you won't be, I'll hang myself on your Christmas tree."
Ernest Hemingway, 88 Poems

"Today's Valentine's Day. There's a whole day devoted solely to love. Does that make any sense? Nah. Love makes us all crazy. But it's fun too."
Lisa Greenwald, Sweet Treats & Secret Crushes

"How did it happen that their lips came together? How does it happen that birds sing, that snow melts, that the rose unfolds, that the dawn whitens behind the stark shapes of trees on the quivering summit of the hill? A kiss, an all was said."
Victor Hugo

"On Valentine's Day, the Spirit Club plastered the school with red streamers and pink balloons and red and pink hearts. It looked like Clifford the Big Red Dog ate a flock of flamigos and then barfed his guts up."
Carolyn Mackler,
Vegan, Virgin, Valentine

"Kisses are a better fate than wisdom."
e.e. cummings

"Exactly. You like me. The word you use was like. You'll find someone better than me. Someone you'll love and not just like."
Kristine Cuevas,
My Valentine Ending

"It was February sixth: eight days until Valentine's Day. I was dateless, as usual, deep in the vice grip of unrequited love. It was bad enough not having a boyfriend for New Year's Eve. Now I had to cope with Valentine datelessness, feeling consummate social America who stuck hearts and cupids in their windows by January second to rub it in."
Joan Bauer, Thwink

"Valentine's Day is the poet's holiday."
Ted Kooser

Featured Student Artist:

JD Spencer

The Importance of Art and Passion

ELLIOT FOX
REPORTER

JD Spencer, a local artist and student at Clatsop Community College, has garnered respect with her work in the community as well as the art world, but an unfortunate omission in the student gallery has left her wanting more.

*"The Offering" by JD Spencer*

Spencer is a juried member of the Watercolor Society of Oregon as well as a longtime member of the Trail's End Art Association, and exhibits her art regularly throughout the Oregon Coast where she has lived for over 18 years. She works primarily with wet into wet, a watercolor technique

that involves painting over an already wet coat of paint. She especially loves creating paintings of the many beautiful scenes found on the North Coast region. Her service dog, Shikoba, is always right by her side when she is looking for another inspiration as she continues with her passion.

Spencer often reflects on her past relationship with art. "I have always been involved in creating art. When I was very young, I created landscape drawings in colored pencil and charcoal while learning and creating fiber art. Pottery always fascinated me and I enjoyed my limited time at the potter's wheel. However, my passion has always been painting with water media, especially painting with watercolor."

As a mother, grandmother, and artist, Spencer believes that it is important for people to be exposed to art, and strongly feels it should be included in the school curriculum at all ages. "It is important for children to have a creative outlet to explore, and with so many different forms of art out there, the possibilities are limitless."

Spencer is highly regarded as an accomplished artist, and has created numerous and beautiful pieces that are held in private collections throughout the United States, Canada, Central and South America. Still, her work is not allowed in the Clatsop Community College gallery due to a technicality.

She was told that only students who have attended a college art class for credit are allowed to present their work. While Spencer has taken watercolor classes offered through the college for continued community education and exploration, she has been unable to take an art

*"Young's River Falls" by JD Spencer*

class for credit due to the limited classes offered. And since the classes were not for college credit, she is still prohibited from displaying her work in the student art show.

Because Spencer has created many beautiful art pieces that have inspired and benefited those in this area and even in countries outside the United States, this is an unfortunate omission in our school's art galleries. But despite this, she doesn't despair, and instead continues to acknowledge the importance of art and doing art for balance in one's life. "For me," she says, "art lifted the veil." And for those out there trying to reach their dreams, there is no greater accomplishment than that.

Before moving to the

*"Eckford's Mystery" by JD Spencer*

North Coast, Spencer enjoyed a lengthy career in the hospitality industry. This included hotel and restaurant management, auditing, and managing a small catering business. She is a Vice President in Phi Theta Kappa, President of Club Access, and sits on the Clatsop's Disability Services Advisory Committee. She is also a mother of two and has six grandchildren.

Photos provided by the artist

The Seahawks Dominate

If you accept the OEDs definition of the Humanities as the study of human culture using methods that are primarily critical, or speculative, and have a significant historical element, then it's time to talk football.

CHRISTOPHER PARTIN
EDITOR

I'm not going to tell you that the 48th Super Bowl was played this past Sunday, on February 2nd. I'm not going to tell you that it was between the Seattle Seahawks and the Denver Broncos. I'm not going to tell you that Seattle won 43 to 8 in absolute domination in what could now be deemed as the Slaughter Bowl, for their first Super Bowl victory in franchise history. If you didn't already know those things, you don't care about this article anyway. You wouldn't be here.

Or maybe you would. Maybe you'd hope that I'd mention the All-American cornerback Richard Sherman, the epitome of what a rise from the bottom to the top really is (sorry, Drake), and hate on him like roughly a bajillion others in America because he's too loud, too proud, too aggressive for their tastes. I'm not going to do that. I'll just say that if you have a sour view of a 25-year-old millionaire who graduated with a 4.2 GPA from a Compton high school and played football for the prestigious Stanford University because of the way he acts or whatever, I'd hate to see how you would have dealt with Muhammad Ali or Michael Jordan.

Instead, I'm going to talk about the game that most everyone watches. I'm going to talk about the Seahawks. But Mostly, I'm going to talk about Russell Wilson.

It was sometime at the beginning of the first quarter. I was sitting there, a plate covered in grease and gnawed chicken bones and a glass half-full of soda placed on the table near me, in a living room strangely quiet on such an aggressive, upbeat, quintessential American holiday. Russell Wilson, the Seattle Seahawks undersized and underrated quarterback, threw one of the biggest duds I'd ever seen. The receiver, a wide open Zach Miller, jumped and reached for the stars, and still barely touched the soaring pigskin. It was too high, too far right, and Miller was only a few yards away. I immediately became

nervous. It's what I do.

It's what we all do.

Wilson was going to be off all evening. The Seahawks were going to continue to play mediocre ball. And the Broncos were going to shake off early Super Bowl rust behind their superstar inhuman leader, Peyton Manning, and mount a full scale attack.

But I was wrong.

Russell Wilson immediately fired short bullet pass after short bullet pass, being on target nearly every time. He ran the ball for small gains, he broke blitz's, read the defense, and despite this being his first Super Bowl, didn't seem at all perturbed. His whole life, he had been underrated because of his height (only 5'11, compared to Manning's 6'5), and



Yes, The Seahawks had a safety to start the game, already good for two points. They were (slowly) getting the ball up the field. But they were sloppy, playing like veritable garbage in some ways. Broncos were just playing worse. And after we had possession of the ball the majority of the time nearing the end of the first quarter, all we had to show for it was two field goals and a safety, amounting to eight points, eight measly points, that could have easily been erased at any time by a Broncos team that had proven in the past an ability to score.

It's only fair to say that the Seahawks were also shaking off the Super Bowl nerves at the beginning, but I was still worried, still wasn't ready to call the sloppy early dominance anything other than a confusing fluke. When Peyton Manning is on the other side, you sort of have to assume that

scrappiness. Many thought that there was no way a kid of his size could throw the football down the field, let alone lead an underappreciated Seahawks team to a Super Bowl victory.

Not even me. I saw that first pass, that horrible dud, and I groaned, thinking I was seeing the beginning of what was sure to come. Instead Wilson proved everyone wrong, and except for maybe the defensive powerhouse Cliff Avril and the eventual Super Bowl MVP Malcolm Smith, no one on the field played better. No, not even Manning, the NFL's MVP. The previously mentioned Sherman seemed to have a non-existent to subpar game on paper, if someone wasn't paying attention. But on closer examination he singlehandedly made a lot of Manning's passes incredibly awkward. Listen: nobody, and I mean nobody, wants to throw the ball to whoever Sherman is covering.

The entire offensive line, after early nerves (which included a few gaudy false starts and a few other quirks here and there) played about as flawless a game as one could ask. They protected Wilson from just about everything the Broncos threw at him (and what they didn't succeed in stopping, Wilson magicked his way out of). The receivers and rushers led a balanced attack, the latter getting off on a slow start but finishing the game strong. The defensive line did what they always do, which is play by far the stingiest defense in the NFL. They attacked Denver's offensive line, and pestered Manning time and time again. If Denver didn't know what strong defense was before the game, they sure do now. If the world doubted whatsoever if defense and confidence wins championships over (agreeably) commanding offense, they don't anymore.

The Broncos certainly didn't bring their A game, and I have a hard time believing that if this game was played again, the score would be so lopsided. But even so, on the NFL's biggest stage, The Seahawks not only proved they belonged there, but showed they deserved to win as well. Russell Wilson proved that he can still prevail despite his size. Defense proved that it's more important than consistent and flashy offense. And against the stampeding Broncos, the Seahawks finally proved that they, too, can win a Super Bowl.

Bandit Sports?

The staff at *The Bandit* have heard rumblings that the college administration and Board are discussing adding a team sports component to the CCC experience. When we inquired, we were told, "to be determined."

What do you think?

Send your comments and questions to

bandit_editor@clatsopcc.edu